

Lightweight Backpacking First Aid Checklist



Basic Wound Care

- Adhesive bandages (various sizes)
- Gauze pads
- Medical tape
- Antiseptic wipes
- Antiseptic ointment
- Burn gel
- Tweezers
- Small scissors

Medications

- Pain relievers (e.g. ibuprofen)
- Anti-diarrhea tablets
- Antihistamines
- Electrolyte powder
- Personal medications

Other Essentials

- First aid field guide
- CPR face shield
- Emergency Mylar blanket
- Disposable gloves
- Safety pins
- Thermometer
- Hand sanitizer

Optional/Advanced

- Splinting material (e.g. SAM splint)
- Triangle bandage
- Elastic bandage
- Irrigation syringe
- Activated charcoal